



Track Your Numbers

The Sudoku of Your Health

It's no puzzle that everyone should know the important numbers that create an overall picture of wellness. Keeping track of your numbers provides you with a history of your health and encourages you to continue working towards your goals.

Here are the healthy numbers you should aim for, and what they mean:

20 to 24 BMI. Based on height-to-weight ratio, body mass index (BMI) is an overall indicator of healthy weight. The BMI does not distinguish between women and men. $BMI = \text{weight (pounds)} / \text{height (inches)}$

Less than a 35-inch waist circumference for women, and less than a 40-inch waist circumference for men. Extra waistline inches can be an important indicator of heart disease risk because harmful abdominal fat is close to and has an effect on vital organs. People with a normal BMI but a high waist circumference are encouraged to reduce abdominal fat.

Less than a 0.8 waist-to-hip ratio for women, and less than a 0.95 waist-to-hip ratio for men. This ratio is sometimes used instead of waist circumference. To calculate, measure the circumference of your waist at its smallest point and measure the circumference of your hips at their widest point. Divide waist measurement by hip measurement. (Example: waist circumference = 35, hip circumference = 40, $35 / 40 = .88$)

Less than 200 mg/dL total cholesterol. You'll also need a breakdown cholesterol test to determine HDL (good) and LDL (bad) cholesterol levels. HDL should be at least 40 to 60 mg/dL and LDL should be less than 100.

Less than 150 mg/dL fasting triglycerides. This is a bad type of fat found in food and body fat. The test must be a fasting test to ensure accurate results.

60 to 100 mg/dL blood sugar. Your blood sugar levels after at least 8 hours of fasting can help pinpoint pre-diabetes or diabetes. Blood sugar levels fluctuate normally throughout the day and increase after a meal.

120/80 mm/Hg blood pressure. Anything consistently higher than this number is considered hypertension.

These guidelines represent normal ranges without heart disease or diabetes.
Work with your HeartCaring clinician to develop personalized strategies for health and wellness.

